



THE UNIVERSITY OF BRITISH COLUMBIA
School of Kinesiology



Healthy Eating Tips for Children and Families

From **UBC Active Kids** and the **School of Kinesiology**

LAND ACKNOWLEDGEMENT

The School of Kinesiology acknowledges that it is located on the traditional territories of the x^wməθk^wəyəm (Musqueam), Squamish and Tsleil-Waututh, and in the traditional, ancestral, unceded territory of the Syilx Okanagan Nation and their peoples. The School's activities take place on Indigenous lands throughout British Columbia and beyond.



sʔi:4qəy qeqən
(double-headed serpent post),
Brent Sparrow, Musqueam

Healthy Eating Tips for Children and Families

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Introduction

The Importance of Healthy Eating



Our knowledge about food and nutritional sciences has increased dramatically over recent decades and yet we seem to be even more confused about what should be on our plate. In 2017, globally, 11 million deaths were attributable to dietary risk factors¹. Obesity and its associated metabolic disorders, including Type 2 Diabetes Mellitus, cardiovascular disease, and fatty liver disease, are somewhat preventable with diet and exercise strategies. Recent studies have shown that we continue to eat below the recommended intake for nuts and seeds, milk, whole grains; and we overconsume sugar sweetened beverages, processed meat and sodium¹. It's our hope that through the simple advice and recipes included in this book we can make healthy eating more achievable for families and that children learn to adopt healthy nutrition habits over time.

Emma McCrudden

Lecturer, UBC Kinesiology
Sport Dietitian, UBC Athletics and Recreation

Indigenous Food and Nutrition



For Indigenous Peoples, our wholistic health, encompassing spiritual, mental, emotional and physical health domains, is tied to our ability to access and eat our traditional foods. Our foods and food systems connect us to our lands, and the act of harvesting and processing our traditional foods forms our relationships within community, kinship networks, and knowledge systems, as well as our identity as distinct Indigenous Peoples. I am a Ts'msyen Registered Dietitian and Certified Diabetes Educator from Lax Kw'alaams and am honoured to be able to share some of my favourite diabetes-friendly recipes based on traditional west-coast foods. These recipes are part of a larger recipe collection featuring recipes spanning across Ts'msyen and Nuu-chah-nulth homelands. As coastal First Nations, we hold immense pride in the physical fitness required to harvest our traditional foods, ranging from salmon, clams, seaweed, berries, herring roe and sea urchins. The recipes included in this book celebrate foods that are original to these homelands, while also incorporating some non-traditional ingredients, with a special focus on those that are supportive of overall health and well-being.
T'oyaxsut 'nüün (thank you)

Rachel Dickens, Masters in Nutrition and Dietetics, PhD (C)

Registered Dietitian (RD) and Certified Diabetes Educator (CDE)

A Message from the Director of the School of Kinesiology



Good food and regular exercise bring joy to our lives and are essential for our health. Research in kinesiology and food science continue to reveal the powerful effects of food and physical activity on growth, development, healthy organ system function and metabolism across our entire lifespan.

There are unique dietary nutrient-exercise interactions that have daily and long-term effects on our health, from signaling genes to build and remodel the protein structures of our bodies to the function of our brain, heart, muscles, bones, nerves, connective tissues and metabolic pathways. *Healthy Eating Tips*, created by Dylan Brown and the Active Kids team featuring Emma McCrudden, faculty member in the School of Kinesiology, is a practical, concise research-based resource for families. It contains tips, strategies and recipes for health and was also conceived with the reflection that food and physical activity are an important part of our culture, identity, connection to nature and communities as highlighted in the *Indigenous Food & Nutrition* section by Rachel Dickens from Ts'msyen, who is a PhD student at UBC.

Dr. Robert Boushel
Professor and Director, UBC Kinesiology

A Message from the Director of UBC Active Kids



UBC Active Kids is an outreach program of the UBC School of Kinesiology. We collaborate with diverse communities primarily through a wide range of evidence based physical activity programming for children and youth. Central to our philosophy is engaging with children, students, parents, and communities to share best practice, knowledge, and ultimately provide all people opportunities and tools to develop the confidence and motivation to lead active and healthy lives that enhance their overall wellbeing.

In 2017, Active Kids began collaborating with Kinesiology Faculty member and Lecturer Emma McCrudden. On a monthly basis, Emma and her students have been creating amazing healthy eating tips for the Active Kids monthly newsletter that reaches over 3500 local families.

This booklet is a compilation of some of our favorite healthy eating tips and recipes. Our hope is that it will be used as a resource to help guide and establish healthy eating habits for children and families. We'd like to encourage you to try our fun recipes and ideas with your family, and share with your friends. Enjoy!

[kin.ubc.ca/
activekids](http://kin.ubc.ca/activekids)

Dylan Brown
Director, UBC Active Kids, UBC Kinesiology

Healthy Eating Habits

5 Tips

for building healthy eating habits with children

2 MAKE HEALTHY FOODS A ROUTINE

Have a conversation with children about how to eat healthily and offer meals and snacks regularly:

- replace sugary drinks with water
- limit highly processed foods

4 LEAD BY EXAMPLE

It's never a bad time to evaluate our current habits and consider making small lifestyle changes to improve health and wellness. Consider these five tips from Canada's 2019 Food Guide to help you establish healthy eating habits for your family!

1 EAT TOGETHER

Enjoying meals together can help children to:

- experience different cultural foods
- try new healthy foods
- establish healthy eating routines
- improve their eating pattern

3 FOCUS ON MEALTIME

Concentrate on spending time together and avoid scrutinizing how much children are eating.

Instead of talking about how much food children are eating, try to supplement children's knowledge about food using the following topics:

- how do we grow our food?
- how do foods influence your health?
- how important are foods to culture and traditions?

5 INVOLVE CHILDREN IN THE PROCESS

Letting children help plan and cook meals and snacks aids in strengthening their knowledge about healthy foods and encourages them to try new foods!

Choosing a Healthy Breakfast

Do you ever stand in the grocery store and feel unsure which cereal to choose for your children? It can be overwhelming with so many options on the shelves and each brand claiming to be the best option. These simple guidelines for choosing nutritious breakfast cereal will help make your next trip stress free!

1. PRIORITIZE WHOLE GRAIN INGREDIENTS

Whole grains are plant seeds containing **all three parts of the seed: the germ, bran and endosperm**. The germ and bran are packed with nutritious fibre, vitamins and minerals. Refined (or processed) grains have the germ and bran removed and are often fortified with vitamins including Niacin, Thiamine and Folate and minerals including iron. However, these products still lack the fibre and magnesium found in whole grains.

Is whole wheat flour a whole grain?

Technically no. Whole grain products must have relatively equal proportions of germ, bran and endosperm as the original seed. During milling, most germ and some bran are removed from whole wheat flour, this disqualifies it from being a “whole grain”.

However, it will still contain more fibre compared to white flour making it a more nutrient dense choice.

What to look for on the ingredients list?

Be aware that products made with whole wheat flour and labeled “multi-grain” or “100% whole wheat” are not considered whole grains. When reading labels look for “whole grain” followed by the type of grain in brackets such as:

- Kamut
- Spelt
- Millet
- Bulgur
- Farro
- Amaranth
- Freekeh
- Rye
- Oats
- Quinoa
- Wild rice
- Brown rice
- Corn
- Buckwheat
- Barley
- Triticale

2. CHOOSE HIGH FIBRE (AT LEAST 4G/ SERVING)

Diets high in fibre support a healthy gut microbiome and can help reduce risk of chronic disease later in life. Health Canada has the following recommendations for how much fibre children should be consuming per day:

Children aged:

1–3 yrs **19g/day**

4–8 yrs **25g/day**

Girls aged:

9–18 yrs **26g/day**

Boys aged:

9–13 yrs **31g/day**

14–18 yrs **38g/day**

3. AIM FOR LOW SUGAR (6G/ CUP OR LESS)

Try and find low sugar options, aiming for 6g per cup or less as a general guideline. Too much sugar in children’s diets can increase their risk of developing dental cavities. You can sweeten cereal naturally by adding chopped berries, bananas or dried fruit.

Strategies for navigating picky eaters

Picky eating is when a child (or adult) frequently refuses to eat foods and wants to eat the same foods over and over again. In children this can be a normal process and typically passes!

Establish regular meal and snack times

Setting aside regular meal and sit-down snack times can help children learn to notice when they are hungry and when they are full. Reducing on-the-go snacking in between meals can help children feel hungrier when it is mealtime.

Avoid pressuring children to eat

Try not to pressure children to eat by avoiding phrases such as “you have to eat this” or “why don’t you like that”? Pressuring children to eat food can lead to the development of negative associations with food and override their ability to listen to their internal hunger signals.

Create a comfortable and positive food environment

By creating a more enjoyable eating environment, your child can relax and experiment with food. Children will watch what others do, so try and model good table manners and demonstrate eating a variety of foods.

Avoid distractions

Try to enjoy meals and snacks without distractions such as TV, computers and phones. This allows children to eat mindfully and pay attention to their food and hunger signals. Removing distractions also helps to encourage interaction with others at the table!



Additional resources:

Additional tips from Dietitians of Canada

<https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx>

Ellyn Satter Institute provides numerous resources and tips for navigating eating habits among children

<https://www.ellynsatterinstitute.org/how-to-feed/childhood-feeding-problems/>

If you have any concerns over your child’s growth you can check out this questions and answers resource by the Dietitians of Canada

<https://www.dietitians.ca/DietitiansOfCanada/media/Documents/WHO%20Growth%20Charts/Is-my-child-growing-well-Factsheet-EN-2019.pdf>



Nutritious Vacation



Eating healthy while on vacation



Being in a new place with a flipped schedule can easily throw off eating habits. Meal planning may be the last priority on vacation, but some preparation can make food experiences more enjoyable.

At a Resort or Restaurant: ^{1, 2, 3, 4}



- At buffets, try to fill the plate with mostly veggies and the rest with protein and starches. Make use of “design your own” stations with omelettes and stir-fry.
- Ask for sauces and dips on the side where possible to moderate sodium, sugar and fat intake.
- Choose foods that are baked, grilled or steamed rather than deep-fried.
- For dessert, try local fresh fruits especially in exotic locations.
- Examine the kids’ menu, as the options are not always healthy. Instead, order a regular meal and split it up. This may work out to be healthier and more cost-effective.



At a Cottage: ¹



- Use the kitchen and grill for salmon, chicken breast, turkey burgers, peppers, corn and more.
- Eating greens everyday can be a challenge especially with washing and cutting. Reduce preparation time by using an assortment of frozen vegetables.

On the Road: ^{1, 3, 4, 5}



- Keep a lunch bag or small cooler in the car for meals on the road.
- Pack nutritious snacks like trail mix, nuts and fruit. Always bring water.
- Find restaurants along the driving route that cater to the family.

"After all, vacation is supposed to be enjoyable, so the occasional creamy pasta and soda is acceptable—just keep moderation in mind!"



Meal Planning

Meal planning tips for a busy week



Make a menu:^{1,2}

Set aside some time one day a week, ideally on the weekends, to plan lunches and dinners for the week ahead. Explore books, magazines or websites to get new recipe ideas.

Get input from the whole family:

You don't have to plan all meals alone! Let other family members suggest some of their favourite foods and meals. This provides the opportunity for everyone to be involved.

Find a place to save recipes:

Find an approach that works best for you for saving recipes. Do you like having hardcopies on hand in a folder? Or do you prefer them on your phone in an app or on Pinterest? Having easily accessible recipes that you and the family enjoy will help save time when struggling to think of ideas of what to make.

Think seasonal:

Seasonal foods can be a challenge in the wintertime but incorporating foods most abundant during the season is a great way to make inexpensive, nutritious meals. For example, winter squash, kale, and sweet potatoes are all not only delicious winter vegetables, but they are also cheaper when in season.

Plan to use leftovers:

When planning your menu, incorporate leftovers into lunches for the next day. Could extra chicken from dinner be used for chicken salad sandwiches for lunch? Could extra rice be cooked at dinner and used for lunch wraps? This will not only help with organization and reducing waste, but it will also help save money!

Tips for Meal Prep

- Cook and freeze extra food on weekends for the busy week ahead.
- For tasty meals, freeze meats with a marinade. The meat will marinate while thawing.
- When buying large quantities of meat, transfer it in smaller portions to freezer bags so you can just defrost what you need.
- Save time washing, peeling and chopping by using store bought frozen vegetables and fruit.



Meal Plan Tips and Tricks

If your goal is creating more healthy home-cooked meals, start by filling your pantry with nutritious staples. This way, between you and your family's hectic schedule you can provide quick, healthy food for everyone!

Plan for Protein:

Including protein can help add satisfaction to your meals. Non-perishable sources include canned fish, beans, dried lentils and nuts/seeds.

Add Whole Grains:

Whole grains provide fiber and act as a perfect base for all kinds of meals. Examples include whole wheat pasta/bread/cereal, oatmeal, brown rice and quinoa.

Include Fruits & Vegetables:

Fruits and vegetables are packed with vitamins, minerals, antioxidants and fiber. Try canned applesauce, peaches, pears, peas, corn, and tomatoes with little to no added sugar and salt!

Spice it up:

Easy doesn't mean bland! Spices not only add flavour, but contribute additional antioxidants. Examples include garlic, cumin, sage, lemon pepper, basil, oregano, mustard, lemon juice, and soy sauce.

Don't Forget the Freezer:

Did you know that frozen fruits and vegetables are just as nutritious as fresh produce? Using your freezer can help your food last longer and prevent spoilage. Stock up!

Getting kids involved in the kitchen¹



Involve children in meal prepping and planning

Including children in the meal planning and preparation process provides kids with the opportunity to learn valuable skills such as budgeting, organizing, measuring ingredients and following a recipe. It is also a great opportunity to share cultural foods and family traditions.

Children can help with:



Planning which meals or recipes to create, adding foods to a grocery list, designing a recipe book to include pictures and dry samples of food such as lentils.



Choosing a new food from the produce aisle. Ask them to find different ingredients in the store or count the different fruits and vegetables in the cart. You can also help them read food labels to select foods that have a high fibre or low sugar content.



Preparing: Get the children involved in simple cooking steps like stirring and measuring ingredients, or setting the table.

Age-appropriate meal planning and preparing tasks

2-3 year olds can wash and add ingredients into a bowl.

3-4 year olds can help gather ingredients, mix things, mash soft ingredients like bananas.

4-6 year olds can set the table, use a kid-safe kitchen knife to cut tofu, soft fruits, and cooked vegetables.

6-8 year olds can crack and beat an egg, use basic equipment like a blender or can opener.

8-11 year olds can use a knife with supervision to cut cooked meat, prepare a fruit or vegetable platter and use the stove top with assistance.

Teens are able to follow more complex recipes, and can be put in charge of making meals on specific days.



Eating Healthy & Planning for Success



School lunches: hack-able

Making your child's school lunches on top of cooking for the family every night can get stressful especially as a working parent, and it may be tempting to give in to convenience foods.

1. Batch cooking during dinner can help you save a lot of time and energy.
 - Dinner leftovers can be packed for lunch the next day or reinvented.¹
2. One-pot meals can also cut down clean up time.
 - Kitchen tools like the Instant Pot (all-in-one pressure cooker, slow cooker, rice cooker, warmer and steamer) or any large pot will come in handy.²
3. Stock your kitchen with the idea of versatility. Make sure to have at least one type of grain, fruit and vegetable, meat or alternative and milk or alternative.³



Stock up⁴

PANTRY

- Canned/ dried beans and legumes
- Canned tuna
- Peanut butter
- Dried whole wheat pastas, rice, cereal
- Yams/ potatoes
- Canned tomato/ pasta sauce
- Soup/ stock

FRIDGE

- 2% milk/ fortified soy or nut milks
- Low fat yogurt/ Greek yogurt
- Lean deli meats/ tofu
- Eggs
- Fresh fruit and dark leafy greens

FREEZER

- White fish or salmon
- Lean meats (turkey, beef, chicken)
- Mixed vegetables
- Assorted fruit
- Whole wheat bread
- Whole wheat pizza dough

Indigenous Food & Nutrition

Fish Hash with Onion & Veg

By Rachel Dickens, Registered Dietitian

Salmons and smoked herrings are high in protein, have beneficial omega-3 fatty acids, and other fats. It also provides vitamin A, multiple B vitamins, and vitamin D. Additionally, herrings help regulate your heart beat and is an excellent source of lean protein.

MAKES 1 SERVING

INGREDIENTS

- 1 tsp olive oil
- 1 cup mixed vegetables (diced green onion, mushrooms, kale, spinach, herbs, peppers)
- 1/2 cup canned fish (salmon, smoked herring) or 2 eggs
- Salt and pepper to taste
- 2/3 cup diced and cooked leftover potato or sweet potato*



Prep time
5 MIN

Cook time
15 MIN



DIRECTIONS

1. Heat oil on medium-high in a small-sized frypan.
2. Add vegetables and sauté for 1 minute before adding in the canned fish or whisked eggs, as well as cooked leftover potato or baked sweet potato.
3. Cook until fish and potato is heated (or eggs are cooked). Season to taste.

TIPS



- Use up leftover vegetables from your fridge.
- Dicing the vegetables small goes nicely with a hash.
- Omit the potato and serve with whole-grain bread or cornmeal patties.

Roasted Vegetable 1 Pan Dinner

By Rachel Dickens, Registered Dietitian

Roasting vegetables at high temperatures provide a crispy texture to your meal, as they still maintain their fiber, vitamins, and minerals. Try to use different varieties of vegetables to add colour and fun to your dish!

MAKES 4 SERVINGS

INGREDIENTS

- 4 cups of starchy vegetables (sweet potato, yam, potato, carrot), scrubbed with the skin on and cut into 1-inch cubes
- 6 cups of non-starchy vegetables, fresh or frozen (broccoli, cauliflower, mushroom, Brussel sprouts, onion), cut into bite sized pieces
- 2 tbsp oil
- Seasoning to taste (salt, pepper, Italian spices or chilli powder)
- 2 cans of chickpeas, drained and rinsed



Prep time
20 MIN

Cook time
45 MIN



DIRECTIONS

1. Preheat oven to 400°F.
2. Combine the starchy vegetables and any seasoning of choice (herbs, spices, salt pepper) and half of the oil on a large baking sheet and mix to combine.
3. Bake for 15 minutes and then remove from oven.
4. Add the additional vegetables and the rest of the oil and any additional seasoning, mix well.
5. Bake for an additional 25 minutes or until the vegetables are almost cooked.
6. About 5 minutes before the vegetables are finished cooking add the chickpeas (they just need to be heated).
7. Return to oven, and bake for 5 more minutes.

Option to serve topped with hummus, your favorite salad dressing, or a hot sauce.

Smoked Fish & Rice Casserole

By Rachel Dickens, Registered Dietitian

Fish have played an important role in the health and culture of many first nations. There is a large variety of salt and fresh water fish throughout British Columbia which have been caught and preserved for generations.

MAKES 4 SERVINGS

INGREDIENTS

- 2 cups of basmati rice
- 1 cup of wild rice
- 5 cups of water or stock
- 2 cups of vegetables, cut into small pieces (carrots, onion, celery, mushroom), or peas
- Smoked fish for 6 people (400g smoked black cod or salmon)
- Seaweed (optional), crumbled into small pieces



Prep time
10 MIN

Cook time
55 MIN



DIRECTIONS

1. Soak wild rice for at least 4 hours in water.
2. Preheat oven to 400°F.
3. Drain the wild rice and add to a 13 x 9 "casserole dish, along with the other rice, water, or vegetable stock, and vegetables.
4. Place the smoked fish on top. If there is skin on the smoked fish put the skin side up. Press down slightly so the fish is halfway submerged in the water. Add optional seaweed, crumbled on top.
5. Bake in the oven covered with tin foil for about 45 minutes. Check to see if the rice is fully cooked before serving.

Note: This dish is originally done with smoked black cod. The saltiness of the fish flavours the rice.

Ahousaht Cranberry Crisp

By Rachel Dickens, Registered Dietitian

Low bush cranberries are also known as lingonberries. They grow in acidic soils in bogs, woods and alpine slopes. Like many other berries, low bush cranberries are packed with antioxidants. Their tart flavour is lessened through cooking to create this delicious crisp!

MAKES 6 SERVINGS

INGREDIENTS

- 4 cups low bush cranberries
- 1 tbsp honey (optional)

For the Topping:

- 1 cup traditional oats
- 1/4 cup oat flour (or 1/3 cup traditional oats to make the flour)
- 1/4 cup honey
- 2 tbsp butter or coconut oil
- 1/4 cup coconut flakes (optional)



Prep time
10 MIN

Cook time
40 MIN



DIRECTIONS

1. Preheat the oven to 350°F.
2. Rinse the cranberries and lay on a single layer on a baking sheet. Option to add honey to balance out the tartness of the cranberries.
3. To make the crisp topping—first, if you are making the oat flour at home add 1/3 cup of whole oats to a small blender and blend until a fine flour is formed. If you are purchasing oat flour you can skip this step.
4. Melt the butter or coconut oil on the stovetop. Add this to the 1 cup of oats, 1/4 cup of oat flour, coconut flakes (if using), and honey and mix until well combined.
5. Add the crisp topping to the baking tray with the cranberries and fold in gently with the berries. Bake for 30 minutes or until it is golden on top. Let cool slightly before serving.
6. Serve with plain yogurt in place of ice cream.

Supporting the Immune System

Getting Adequate Vitamin D

When exposed to sunlight, the skin can produce its own vitamin D. Vitamin D is best known for its role in keeping bones and teeth healthy, and is also what many Canadians fall short of during winter months as a result of shortened days and weaker sun rays.^{1,3}

Who is at risk of vitamin D deficiency?

Groups at risk may be^{1,2}:

- Breastfed infants who are completely or partially breastfed
- Those who are lactose intolerant and/or avoid dairy products
- Those whose exposure to sun is limited by spending a lot of time indoors
- Those with darker skin pigmentation may find it hard to make adequate vitamin D
- Adults 50 years+ due to less efficient vitamin D production in the skin.

Recommended intake

Excessive vitamin D can be harmful, thus dietary intake from a combination of food and supplements should not exceed^{1,2,3}:

- 1000 IU for infants 0-6 months (aim for 400 IU)
- 1500 IU for infants 7-12 months (aim for 400 IU)
- 2500 IU for children 1-3 years (aim for 600 IU)
- 3000 IU for children 4-8 years (aim for 600 IU)
- 4000 IU for children over 9 years and adults (aim for 600 IU)

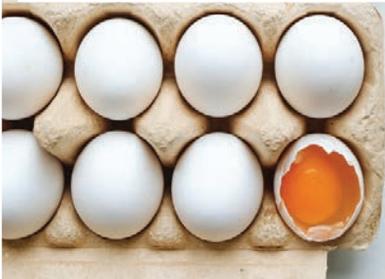
Keep in mind that these values are for the general population. An individual that is one of the high-risk groups listed above should seek individual advice from a physician or dietitian.²

Sources of dietary vitamin D

- **Naturally occurring sources of vitamin D:** Egg yolks and fatty fish such as salmon, mackerel, sardines and tuna.⁴
- **Vitamin D-fortified products:** Cow's milk, infant formula, margarine, yogurt, some soy and nut beverages and orange juices.⁴



Top Nutrients to Boost Immunity



Antioxidants¹

If your gut instinct is to eat more vitamin C rich foods as colder weather approaches then you are on the right track! Antioxidants like vitamin C can reduce the severity and duration of a cold. Oranges, lemons, red peppers and broccoli are all great sources of vitamin C!

Vitamin D²

Vitamin D not only wards off illness but also shortens the duration of an infection. Small amounts of vitamin D can be found in oily fish and eggs. Talk to your healthcare provider about taking a Vitamin D supplement.

Omega-3 fatty acids³

These are a type of anti-inflammatory essential fat, which helps fight inflammation. Oily fish, nuts and seeds are great sources of Omega-3.

Probiotics and Prebiotics⁴

Your gut houses 70% of your immune system and holds a community of trillions of microbes that play a key role in your immune system. Including foods like unsweetened Greek yogurt, kombucha and kimchi can help increase good gut bacteria.

Vitamin A⁵

Vitamin A plays a role in fighting infections. Rich sources include orange foods like carrots and bell peppers, and dark leafy greens like spinach and kale.



Some additional tips!

GET SEEDY Sprinkle pumpkin, chia, sunflower, hemp, and flax seeds on cereals, in grains, and over cooked vegetables.

DRINK TEA The polyphenols in herbal tea can support our immune system.

SNEAK IN SUPERFOODS Try adding spinach and avocados to smoothies, or stirring pureed cauliflower and pumpkin into tomato sauces.

SPICE UP MEALS with fresh ginger, garlic, chili peppers, curry powder, or turmeric to boost immunity and enhance circulation.

GET MOVING Did you know exercise can help chase winter colds away? Regular exercise triggers the production of immune cells that fight cold and flu germs.

Remember to drink lots of fluids, layer up and keep yourself warm this winter!

How to get enough iron in your childrens' diet

Have you ever wondered if our children are getting enough iron in their diets? Iron is a mineral responsible for binding and carrying oxygen in our blood. Children and adults alike, need iron to support brain development, cognitive function, the immune system and physical activity. Read below for tips and tricks on meeting your children's iron recommendations!

HEALTH CANADA RECOMMENDATIONS:¹

- 7-12 months: 11mg/day
- 1-3 years: 7mg/day
- 4-8 years: 10mg/day
- 9-13 years: 8mg/day

*Children 0-6 months are exclusively breast fed or formula fed and thus do not have an iron recommendation.

**Vegetarians and vegans need 1.8x the iron recommendation due to lower bioavailability of plant based sources

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/food-and-nutrition/nutrients/getting-enough-iron>

TIPS FOR VEGETARIANS:

When taking iron supplements or eating plant based foods high in iron, try to include a source of vitamin C with your meal or supplement. Vitamin C helps convert non-heme to heme and improves plant based irons digestion and absorption.

TRY THESE NO BAKE MOLASSES AND PUMPKIN SEED GRANOLA BARS FOR AN IRON BOOSTED SNACK!

Ingredients:

- 2 cups rolled oats
- 1/2 cup pumpkin seeds
- 1/3 cup dark chocolate chips
- 1/4 tsp salt
- 1.5 tsp vanilla
- 1/3 cup honey
- 1 cup peanut butter
- 2 tbsp blackstrap molasses

Directions:

Combine oats, seeds, chips and salt. In a separate bowl whisk vanilla, honey, peanut butter and molasses, if the mixture is too stiff microwave for 10 seconds then stir. Combine wet and dry then press into a parchment lined baking pan and freeze for 1-2 hours.

FOODS HIGH IN IRON

Iron can be found in two different forms in foods: heme and non-heme. Heme is found in animal foods and non-heme is found in plant based foods. When the body digests iron, it needs to convert all iron to heme form in order to properly absorb it. For this reason animal based food sources of iron containing heme generally provide the body with more iron the body can use compared to plant based sources.

Non-heme

iron **1 mg/serving**

- Nut butter 2 tbsp
- Ground chia seeds 1 tbsp
- Ground flax seeds 2 tbsp
- Sesame seeds 2 tbsp
- Wheat germ 2 tbsp
- Fortified baby cereal 1 tbsp
- Spinach, cooked 2 tbsp
- Cashew butter 1 tbsp
- Canned beets, 1/4 cup
- Oatmeal, quinoa or pasta, cooked 1/2 cup
- Molasses, blackstrap 1 tsp
- Pumpkin puree 1/4 cup
- Beans, chickpeas, 1/4 cup
- Tofu, firm 1/4 cup
- Potato with skin, 1 small
- Egg, 2 medium
- Peas, cooked 1/2 cup
- Lentils, cooked 2 tbsp

Heme

iron **1 mg/serving**

- Beef or elk, 1oz
- Clams or sardins, 1oz
- Moose 0.5 oz
- Oysters or mussels 0.5 oz
- Chicken, lamb, pork or turkey, 2 oz
- Light canned tuna, 2 oz

Do children need to take vitamin or mineral supplements?

Have you ever wondered if children need to take a vitamin or mineral or supplement? **Vitamins and minerals are small essential nutrients** that are needed by our bodies to **maintain overall health and wellness**.

Current evidence around supplementation for children:



It turns out, data shows that most children in Canada **get enough vitamins and minerals** just from eating **food alone**.



The best way for children to meet their nutritional needs is by eating a **variety of foods** and making sure to include lots of **fruits and vegetables** in their diets.



However, if there is concern around a child's growth patterns or you are worried they are not eating enough to meet their needs, it is always best to talk to your healthcare provider or registered dietitian about potential supplementation.

A note about Vitamin D



Vitamin D is needed for **bone growth and maintenance**.

Sunlight is a source of vitamin D, however Canada's higher latitude does not provide us with enough sunlight to meet our bodies requirements, meaning most of our vitamin D need to come from **dietary sources**.

Common dietary sources



Fortified cow's milk or fortified plant-based milk:
100 IU/cup



Eggs:
50 IU/ 2 eggs



Fatty fish (salmon, rainbow trout):
400 IU/ 75g salmon

If you have concerns about your child's vitamin D intake, please speak with a registered dietitian or your healthcare provider about **potential supplementation**.

Health Canada recommends children aged 1 to 8yrs get **600 IU per day** of vitamin D¹

Nutrition for a Growing Athlete

Adolescent athletes have unique nutrition requirements as they need to fuel for both activity and growth and development¹. Rather than focusing on very specific nutrition recommendations, it is more important to advocate for a well-balanced diet¹.



<https://food-guide.canada.ca/en>

• The **Eat Well Plate** can help to visualize a balanced meal

By having a balanced diet your child will be able to attain adequate:

Protein

- Helps build and repair muscles^{1, 2, 3}.
- Include fish, lean red meats and poultry, dairy products, beans, nuts and soy products.

Carbohydrates

- Are the primary energy source for athletes^{1, 2, 3}.
- Include whole-grain breads, pastas and cereals, brown rice and fruits and vegetables.

Fats

- Are required in our diet to provide important fat-soluble vitamins A, D, E, K⁴.
- Limit unhealthy fats and choose healthy fats found in poultry, fish, nuts, seeds, dairy products and vegetable oils.

Calcium, Vit D & Iron

- Calcium and Vit D are crucial for bone health. Calcium requirements for active and less active adolescents are the same (1300mg per day), and are greater than adults' (1,000mg per day) due to growth, which is why many still struggle to meet the recommendations^{1, 4}.
 - » Include 3-4 servings of milk, cheese, yogurt and calcium-fortified soy products.
 - » Vitamin D is best obtained by safe sun exposure during the summer months⁴.
- Iron helps deliver oxygen throughout the body. Requirements are increased during adolescence due to growth^{1, 4}.
 - » Include red meat, fortified whole grains, dark leafy greens and eggs.

Tips on how to meet nutrient recommendations



- Eat 3 meals a day with snacks every 2-3 hours to help distribute calories throughout the day⁴.
- Attain all essential nutrients by having a variety of foods⁴.



Hydration for Activity



HYDRATION RECOMMENDATIONS FOR CHILDREN

WATER COCKTAILS

Directions:

Combine the following ingredient pairings in a glass of water or involve children in the kitchen by having them pick out their own fruit, herb and vegetable mix. Try muddling or chopping ingredients for better release of flavour. Add a little carbonated water for extra fizz.

Ingredients:

- Blackberries + mint
- Cucumber + strawberries
- Basil + raspberries
- Apple + cinnamon sticks
- Pear + a drop of vanilla extract
- Orange + lemon slices
- Pomegranate seeds + grapefruit



See more at garlicandzest.com

Water is the recommended drink of choice for children, with Health Canada suggesting children aged **1-3yrs** consume **5cups/day** and **4-8yrs** drink **7cups/day** of fluids. This includes water from beverages and foods. Often parents and caregivers struggle to keep their children interested in drinking plain water. Apart from offering children plenty of water, try these strategies for encouraging hydration:

- Use a fun cup or twirly straw
- Add ice to water
- Offer milk or yogurt, both of which are high in water
- Offer fruits and vegetables with high water contents such as cucumbers, melons, oranges, peppers, tomatoes and zucchinis
- Make homemade popsicles
- Make a water cocktail using these recipes



DO CHILDREN NEED SPORTS/ ENERGY DRINKS?

You may have seen energy drinks and sports drinks on grocery store shelves and wondered what their role in activity is, or if they have one at all. Energy drinks are different to sports drinks in that they contain a number of nutrients (e.g., caffeine, vitamins and herbal ingredients), which claim to improve alertness and concentration. They generally contain 40 – 100mgs of caffeine per serving (a standard shot of espresso contains about 80mgs of caffeine). Researchers are not sure how caffeine affects the development of children’s cardiovascular and nervous systems but high doses, such as those found in these drinks, are certainly not advised in young children.

Sports drinks are different to energy drinks in that they generally contain a mixture of sugar, water and electrolytes. They can be useful to provide quick calories during activity and replace fluids and electrolytes on a hot day. Water is generally the beverage of choice for activities lasting less than 45 minutes, provided your child has had a carbohydrate rich meal within 2 hours of activity, or a higher sugar snack within 30 minutes. But if scheduling doesn’t allow for this, then the occasional sports drink during activity will help support their energy needs.

MAXIMUM RECOMMENDED DAILY INTAKE OF CAFFEINE BY HEALTH CANADA¹

Age	Caffeine
4-6 yrs	45mg/day
7-9 yrs	62.5mg/day
10-12 yrs	85mg/day
13-18 yrs	2.5mg/kg BW

*BW = body weight

**A 355ml can of cola contains 35mg of caffeine, and 250ml cup of coffee 100mg

Fruits & Vegetables



BOOSTING CHILDREN'S FRUIT AND VEGETABLE INTAKE



Fruits and vegetables are an important part of our diet, fueling our bodies with carbohydrates, fibre and essential vitamins and minerals. Parents and caregivers often express frustration when children resist trying new fruits and vegetables. Try these tips and recipes to help children to be more adventurous foodies and love their fruits and vegetables!

BE PATIENT & TRY NOT TO FORCE IT

Don't force your children to eat, instead **offer a variety of foods** then sit back and **let them decide** what they want to try and how much. Studies have shown that children will eat more and try more new foods when adults do not pressure them. In some studies even comments such as "eat your soup please" were perceived as pressuring by children.

Let your **children pick out fruits and vegetables** at the grocery store. This will help them feel more connected to their food and may encourage them to try some fruits and vegetables they might not have otherwise.

BRING CHILDREN GROCERY SHOPPING

LET CHILDREN BE CHEFS

Get your children involved in the cooking process. Start by letting them help plan and participate in cooking **one family meal per week**. Try the following recipes, letting children pick their veggie mix-ins and help roll wraps or assemble bowls.

RICE PAPER ROLLS

Ingredients:

- 10 rice paper wrappers
- 1 pkg vermicelli rice noodles
- Purple cabbage, cucumber, carrots and pepper
- Tofu, prawns or shredded chicken
- Peanut sauce, for dipping



Recipe adapted from healthylittlepaleo.com



Directions:

Chop vegetables and prepare noodles as package directs. Dip rice wraps in a bowl of warm water for 10-15 seconds. Place all desired ingredients in the wraps. Roll, tucking the sides in as you go.

RAINBOW BOWLS

Ingredients:

- 1 can of chickpeas
- Broccoli, brussel sprouts and/or asparagus
- Sweet potato, carrots and/or squash
- Chopped cucumber, cherry tomatoes, cabbage and/or pepper
- 1 cup rice or quinoa
- Pumpkin and/or sunflower seeds

Recipe adapted from superhealthykids.com



Directions:

Roast chickpeas with vegetables at 425 F for 25-30mins. Cook rice or quinoa in 2 cups boiling water. Assemble in a bowl with your favourite dressing. Top with seeds.

EAT YOUR GREENS!

Dark green leafy vegetables are an excellent nutrient-dense addition to a healthy diet. They are a good source of fiber, vitamins, and minerals such as vitamins A, C, K, folate, iron, and calcium.

If your child refuses to eat green vegetables this doesn't mean you should try to hide vegetables in their food! Kids are smarter than you think; if they catch you sneaking green veggies in their food they may interpret the vegetables to be more unappetizing than they were in the first place. It's important to foster a healthy relationship with food for your child by providing them with a variety of food and lots of opportunities to try new foods.

If you're trying to incorporate more dark green vegetables try the following:

1. **Add leafy greens** to previously made recipes such as fruit smoothies, stir-fry, spaghetti sauce, casseroles, etc.
2. Let your child chop and prepare the vegetables for **early exposure**; it is more likely they will accept them if they get involved in meal preparation.
3. Give your vegetable-rich meals **fun and clever names** to make them more exciting! For example, name your green smoothie the "Hulk Smoothie" or the green peas at dinner "Princess Peas".
4. **Serve them differently!** Try mixing them into meals, having them on the side and cut/cooked using different preparation methods, seasonings and sauces.
5. Allow your child to have some of the control by **offering a few vegetable options**. If your child has some say in what they are eating, they are more likely to eat what they choose.
6. **Set a good example!** If you demonstrate that you like to eat and enjoy vegetables as a snack and at meals, they will learn that eating vegetables is normal and healthy.



GREEN SMOOTHIE (4 SERVINGS)

- 2 cups tightly packed kale/spinach leaves
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 frozen banana
- 1/2 avocado
- 3/4 cup of vanilla greek yogurt (or dairy free yogurt)
- 1/2 cup mango/pineapple juice
- 1 cup unsweetened almond milk (or more to thin if needed)

Recipe from: <https://fraicheliving.com/>



Gardening at Home



Gardening allows children to learn an important life skill. It's a great way to keep them active, teach them environmental awareness and experience growing their own fresh food. If you don't have outdoor space to garden, raised planters, window boxes or pallet herb walls are all great small space solutions.

BENEFITS OF GROWING VEGETABLES AT HOME:

1. Lowers the cost of providing your family with healthy, organic vegetables
2. Teaches your kids about where food comes from
3. Makes your meals more personal, tasty and interesting
4. Connects your family to the natural cycles of weather, growth and renewal
5. Provides healthy outdoor exercise
6. Provides wholesome activity and lasting memories for your children

10 EASY VEGETABLES TO GROW:



Carrots, green beans, tomatoes, lettuce, radish/beetroot, spinach, bell pepper, cucumber, potatoes, herbs (basil)

Once your garden has fully grown, try making a salad by chopping your fresh home-grown veggies and coat them with a delicious **Maple Tahini Dressing** (top right)!

For more information on how to start an at-home vegetable garden go to eartheasy.com.

Maple Tahini Dressing

(4 Servings)

- 1/4 cup runny tahini
- 2 tbsp pure maple syrup
- 1 tbsp tamari/soy sauce
- 1 tbsp apple cider vinegar
- Juice from half a lemon
- Pinch of sea salt
- Water to thin (as needed)



Plant Based Protein for Children

Canada's 2019 food guide recommends choosing more plant based protein options. Read on to see how these guidelines apply to children's diets.

CAN PLANT PROTEIN MEET CHILDRENS' NEEDS?

Children can easily meet Health Canada recommendations for daily protein intake by eating plant based proteins. Often, Canadians worry plants do not contain enough protein to meet their needs, however, when planned correctly, plant-based meals can contain adequate amounts of protein to meet the needs of growing children.

Check out the list below to see how much protein is in the plants you eat and use the table to the right to review the daily protein recommendations for children in Canada.

AGE	PROTEIN RDA ¹
0-12 mth	11 g/day
1-3 yrs	13 g/day
4-8 yrs	19 g/day
9-13 yrs	34 g/day

The following foods contain approximately 5g of protein:

- 1.5 tbsp nut butter
- 1 oz nuts
- 1/2 cup sunflower seeds
- 1 to 2 pieces of bread
- 1/2 cup cooked pasta
- 1/2 cup cooked quinoa
- 1/4 cup tofu
- 1/2 cup soy milk
- 1/3 cup edamame
- 1/3 cup cooked lentils
- 1/2 cup chickpeas
- 1/2 cup peas

PROS & CONS OF PLANT VS ANIMAL PROTEIN

Pros:

- Plant options are more **environmentally sustainable** as they use less water and produce **fewer carbon emissions** when grown
- Higher in **fibre**
- Lower in **saturated fat** and **sodium**
- Contribute to **fruit and vegetable** intake
- Can be more **cost effective**

Cons:

- Can be lower in **calcium** and **iron**
- Lack **vitamin B12**

It is recommended that those following a plant based diet see their dietitian or doctor to discuss appropriate supplementation to support growth and development.



PLANT PROTEIN RECIPE:

Easy Tofu Nuggets

INGREDIENTS

- 16 oz block extra-firm tofu
- 1/2 cup unsweetened almond milk
- 1.5 tbsp cornstarch
- 1.5 tbsp ground flaxseeds
- 1 cup breadcrumbs
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt

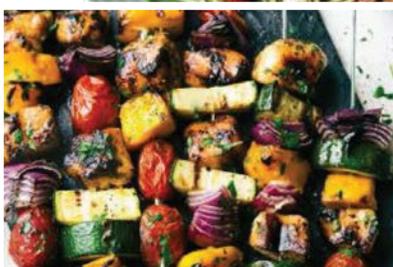
DIRECTIONS

Press tofu with paper towels and heavy books for 20mins. Pre-heat oven to 400 F. Mix milk, cornstarch, flax and 1/4 tsp salt. In a separate bowl mix remaining dry ingredients. Cube tofu and coat in wet then dry mixture. Place on baking sheet and bake for 15mins, flip then bake 15mins.

RECIPE ADAPTED
FROM
NORACOOKS.COM



Did you know children should have 4-6 servings of fruit or vegetables each day?^{1,2,3}



Vegetable based soups

Foods like carrots, tomatoes, mushroom, squash are easy to puree and add to soup. If you prefer more texture, you can also add chopped veggies into a soup or chilli.

Try Vegetable noodles

Veggie noodles are an easy way for kids to enjoy a “pasta” dish with added nutrients. Spiralized zucchini works great in pasta sauce, or carrot in a spicy thai peanut sauce. Handheld spiralizers are approx. \$20 and can be found at most kitchen supply stores.

Grill veggie kebabs

Veggie kebabs are a creative way to increase vegetable intake. Simply cut up vegetables, thread onto a skewer, and grill them on the barbeque or stove top.

Stuffed vegetables

Scoop out a bell pepper, eggplant or sweet potato, fill with cooked ground beef and your kids’ favourite veggies. Sprinkle some cheese on top and grill until the cheese melts.

Veggie fries

Cut carrots, zucchini and sweet potatoes into thin slices, spray with olive oil seasoning and roast at 425° F for 20-25 minutes.

Some additional tips!



GET SEASONAL For great value and taste, use seasonal vegetables like beet, broccoli and artichoke.

FREEZE IT Cut up extra vegetables like carrots and peppers when meal prepping, and store in the freezer. These can easily be added to your next meal.

DIP IT Precut vegetables make a great grab and go snack for kids. Add a healthy dip like salsa or guacamole.



Fresh, frozen or canned, vegetables are packed with vitamins, minerals and fibre!

Back to School Tips & Tricks



SIMPLE SNACK IDEAS FOR ACTIVE CHILDREN

From piano lessons to swim team to karate class, children can be involved in so many extracurriculars, it can be tough to make sure they are eating enough throughout the day. Help ensure children are well fuelled for all these fun activities by following these simple steps to creating balanced snacks!

Include **FATS, CARBOHYDRATES** and **PROTEINS** in your snacks!

To keep children feeling satisfied and full for longer include carbohydrates, fats and proteins in every snack. Health Canada's latest **2019 Food Guide** recommends filling half your plate fruits and vegetables, a quarter grains and a quarter proteins. These recommendations also apply to making snacks!

Carbohydrates are the #1 source of energy in your children's body!

Proteins are essential to children's growth and development! They also play a role in supporting their immune system.



Fats are an amazing source of **energy**, keep children full longer and help absorb **vitamin A, D, E & K**. For this reason, include a source of fat with your fruit and vegetable snacks to help children maximize their vitamin absorption and stay full longer.

<https://food-guide.canada.ca/en>

NO BAKE PEANUT BUTTER CHERIO BARS

Ingredients:

- 1/2 cup any nut/seed butter **FAT/PROTEINS**
- 3 tbsp honey **CARBOHYDRATES**
- 3 cups plain cheerios **CARBOHYDRATES**
- Optional: flaky sea salt for topping

Directions:

Melt honey and peanut butter in a microwave for 30 seconds, then fold in cheerios. Press into an 8x8" pan lined with parchment and freeze for 1 hour. Cut into 12 bars and sprinkle with salt.

See full recipe at thetoastedpinenut.com



GREEN JULIUS SMOOTHIE

Ingredients:

- 2 medium oranges **CARBOHYDRATES**
- 1 medium banana **CARBOHYDRATES**
- 1/2 cup 1% milk **CARBOHYDRATES**
- 1/2 cup plain 2% Greek yogurt **FAT/PROTEINS**
- 1 tsp vanilla extract **FAT/PROTEINS**
- 1/2 cup ice **FAT/PROTEINS**
- 2 cups spinach **FAT/PROTEINS**

Directions:

Peel oranges and banana. Place all ingredients in a blender and pulse until drink is smooth.



See full recipe at superhealthykids.com





Breakfast



Energize family mornings

Almost 40% of Canadians miss breakfast because of rushed mornings¹. Skipping breakfast can make students feel lethargic and less alert at school^{1, 2}. Taking a little time over the weekend or even the night before to assemble and pack for subsequent days can make for a dependable routine and a easy way to get ahead in the morning. And everyone in the family can help with meal planning, preparation and clean up—start the kids off with simple tasks like retrieving food items from the fridge or pantry!

Morning prep checklist for night before^{2, 3}:

- ✓ School books and stationery packed in backpacks before bedtime
- ✓ Breakfast and school lunch in the fridge ready to grab and go
- ✓ Portable snacks stocked in the kitchen for emergencies (eg. cereal bars, yogurt tubes, cheese strings, crackers, dried fruit)

If you're making large batches of foods like muffins, pancakes and mini frittatas, the extras can be frozen for another day and taken out as needed to defrost in the fridge overnight¹. Don't forget to label and date each batch for identification and food safety!¹

Other breakfast ideas



Whole-wheat
banana
pancakes



Fruit &
yogurt
granola
parfait



Banana
blueberry
flax muffins



Chia seed
pudding



TRY THIS BREAKFAST RECIPE!

Egg and cheese cups

INGREDIENTS

- eggs
- white onion
- thyme
- salt
- pepper
- butter
- cherry tomatoes
- cheese

DIRECTIONS

- Chop the onion and saute it in a sauce pan over medium heat with butter, dried thyme, salt and pepper
- Evenly distribute the onions across muffin tins
- Crack eggs into each muffin tin
- Slice the cherry tomatoes in half and add one half to each egg
- Add cheese into each tin
- Pop the pan into the oven at 400 deg F for 10 minutes

Enjoy!

RECIPE BY

GLOW KITCHEN

<https://www.glowkitchen.com/2012/06/brunch-egg-cheese-cups/>

Help Your Child Eat Right at School

Is your child a picky eater? Encourage healthy eating without bribing!

You do your best to read labels carefully at the grocery store and prepare nutritious lunches for your child, but do you still worry that they won't eat what's provided? Try following these guidelines to establish successful life-long eating habits for your child at school and at home.

Ellyn Satter's Division of Responsibility in Feeding¹

PARENTS:

1) WHAT foods and beverages are offered

- Involve your child in planning and preparing their meals, and they may become more intrigued to try new foods². Let them choose what they would like to eat with rules. Eg. Make fruits and vegetables mandatory but let them decide a specific kind³.

2) WHEN

- 3 meals a day with 2 planned snacks in between at consistent times of the day. Eating occasions should be 2-3 hours apart.
- At school, if they are slow eaters or are distracted by friends during lunchtime, make sure to pack easy-to-eat foods that they can finish in time⁵.

3) WHERE

- In a home setting, it is best to eat at the same table when parents can role model eating healthy foods⁴.

TODDLERS &

ADOLESCENTS:

1) HOW MUCH is eaten

- A child's appetite is often erratic and unpredictable, but remember that they are not likely to starve. Avoid giving snacks or milk too close to a meal so they are ready to eat⁴.

2) WHETHER a food is eaten

- Do not force a food to be eaten, as the child may develop a negative association with it. Sometimes it takes 8-10 exposures before a food is accepted⁴.

Easy to make,
Easy to eat



Banana wrap



Pasta Shells



Jerk Chicken Salad



Kale Chips



BACK TO SCHOOL BENTO BOXES

You can't quite believe it. It's already back-to-school season, and that means more packed lunches! This September you can try using bento boxes to bring a fun, creative spin on regular packed lunches. Bento boxes have separated compartments in which you can put different food items. This can help to ensure your children are getting balanced meals, by putting a source of whole grains, vegetables/fruit, and protein in each compartment!

Here is a Bento Box idea from food blogger OneLovelyLife. She creates all her bento boxes around the formula of including a source of:

- **Protein:** meat, tofu, legumes, edamame beans, turkey, chicken, etc.
- **Carbohydrates:** bread, pita, rice, potatoes, whole grain crackers, pasta, etc.
- **Fruits & Vegetables:** apples, cucumber, carrots, blackberries, kiwi, banana, corn, etc.
- **Something fun:** chocolate chips, trail mix, energy balls, etc.



Hummus & Pita Dippers Bento Box

INGREDIENTS

- **Protein:** hummus
- **Carbohydrates:** whole wheat pita bread
- **Fruits & Vegetables:** apples, carrots & sugar peas
- **Something fun:** pretzels

DIRECTIONS

1. Brush pita bread with a bit of olive oil or butter, then sprinkle salt and pepper or desired spices on top.
2. Cut pita into triangles, place on a sheet pan and broil for 2-3 minutes until tops are slightly golden.
3. Once cooled, place pita chips & hummus in bento box.
4. Slice desired fruits & vegetables and place in bento box.
5. Fill the last compartment with a handful of pretzels.

RECIPE BY EMILY ON
ONELOVELYLIFE

<https://www.onelovelylife.com/healthy-school-lunch-ideas>

Tips for a Healthy Summer



Healthy summertime desserts with fruit

Fruit and vegetables are an important part of a nutritious diet.¹

Benefits of eating fruit and vegetables include:

- Increased energy
- Strong bones and good eyesight
- Healthy circulation
- Supports healing and repair of skin

Incorporating them into snacks and desserts is a great way to increase flavour and nutritional value!

Summer is a great opportunity to incorporate fresh, seasonal fruit into your desserts!



RECIPE #1 Blended fruit pops

INGREDIENTS

- 2-3 cups of fruit of choice (strawberries or blueberries or mango or raspberries)
- 1 cup of full fat coconut milk
- ¼ cup honey or maple syrup
- Optional: 2 tablespoon lime juice

DIRECTIONS

1. Blend all of the ingredients in a blender
2. Spoon the mixture into popsicle molds
3. Place molds in freezer for ~3-4 hours



RECIPE #2 Smoothie bowls

INGREDIENTS

For the smoothie bowl (blend together):

- 1 cup frozen mango
- 1 frozen banana
- ½ avocado
- 1 cup spinach
- ¼ cup honey or maple syrup
- 1 cup water or unsweetened almond milk

For the toppings:

- Shredded unsweetened coconut
- Raspberries
- Dark chocolate chips

‘Cool’ food ideas for beating the heat!

As summer heats up, the last thing you may feel like doing is cooking a hot meal. The recipes below are great options as there is no cooking required!



Vietnamese Summer Rolls¹

INGREDIENTS

Sauce:

- 1/3 cup peanut butter, 3 tbsp water, 2 tbsp hoisin sauce, 2 tbsp lime juice, 1 tbsp soy sauce, 1 tsp grated ginger, 2 tsp sesame oil, 1 tsp hot sauce

Whisk all ingredients together to make sauce!

Wraps:

- 8 large rice paper wraps, ¼ cup mint, 2 oz vermicelli noodles (optional), ½ mango, ½ red bell peppers, ½ cucumber, 1 avocado, ¼ cup red cabbage, 8 lettuce leaves shredded, ¼ cup cilantro

DIRECTIONS

Soak wraps. Slice up mango, peppers, cucumbers, avocado, lettuce and cilantro. Place in wrap. Place peanut dipping sauce on side! our sauce over!

RECIPE BY

YUM AND YUMMER



Curried chickpea salad²

INGREDIENTS

- 1 can of chickpeas
- 3 green onions
- ½ cup red pepper
- ¼ cup cilantro
- 3 tablespoons vegan mayo (or just use regular mayo)
- 1 clove garlic
- ½ tsp ginger
- ½ tsp turmeric
- ¼ tsp curry powder
- 1 tsp lemon juice
- ¼ tsp salt

DIRECTIONS

In a large bowl, mash the chickpeas, then remaining ingredients. Serve on pita bread, crackers, or toasted whole wheat bread.

RECIPE BY

OH SHE GLOWS



Healthy Picnic Basket Ideas

- Yogurt cups and granola
- Trail mix with fresh fruit
- Cut vegetables to dip in hummus
- Fresh fruit (bananas, apples, peaches, etc.)
- Cold pasta salad



Snack Ideas for Camping

- Almonds or nuts
- Hard-boiled egg
- Flour-less muffins
- Granola bars
- Homemade trail mix

There are many benefits to eating raw vegetables such as carrots and peppers, as they lose some Vitamin C when cooked.



Frozen Treats



Keep it light and refreshing

Enjoying frozen treats in the summer can be satisfying, but ice cream everyday will dramatically increase calories. So how can you cool down with light and delicious alternatives?

Make It At Home

- Have fun with **frozen fruit** popsicles and make eating a daily fruit a treat.^{1,2}
- Puree fresh fruit, add 100% fruit juice and pop into a popsicle mould. Add a little squeeze of lemon or lime to reduce the overly icy texture.
- Try freezing strawberries, bananas or any fruit that is in season and add crushed nuts and dark chocolate drizzle for a creative touch.^{1,2}
- Make a creamy popsicle using pureed bananas, coconut milk, milk, plain or vanilla yogurt for added protein and calcium.^{3,4}

Comparisons of Store Bought Treats^{1,4}

- **Gelato vs. Ice Cream:** Gelato usually has less fat than regular ice cream because it is made with less cream and eggs. Gelato, like ice cream is still a high calorie treat so stick to a small portion.
- **Sorbet vs. Sherbert:** Sorbet is made with fruit juice and water, whereas sherbert includes some sugar and low-fat milk. Overall, both have less fat than ice cream and gelato.
- **Non-dairy Options:** Coconut milk, cashew milk, and other plant-based beverages create a creamy experience without using cow's milk, which is suitable for vegans and lactose-intolerant individuals. Though it may be advertised as healthier, it is still a high calorie dessert due to the additional sugar and fat added.

Summer would not be the same without ice cream, so enjoy it in small portions once in a while. Stick to fresh fruits, frozen juices and low-fat yogurts to beat the heat. And as always, water is the best quencher.



Special Occasions

All About Eggs

Easter Celebrations

Eggshell painting is a popular family activity during the Easter holiday, but what can you do with the leftover eggs? Eggs are a fantastic source of healthy fats and protein and are a great addition to a balanced diet.

Nutrition¹

- **Yolk:**
 - » Vitamins A, D, E and B12
 - » Riboflavin
 - » Cholesterol
 - » Some contain omega-3
- **Egg whites:**
 - » Protein (5 g/ large egg)
 - » 2 eggs = 1 serving Meat and Alternatives food group

Cholesterol from eggs:

The cholesterol in egg yolks has been a source of confusion for a number of years with reports linking it to increased risk of heart disease, but also health benefits^{1,2,3,4}. So which claim is correct? Like many principles in nutrition, cholesterol is beneficial in moderation^{1,2,3,4}. And it is needed for a number of functions in the body like producing hormones and vitamin D¹.

How many eggs to eat:

- 1-2 egg a day is not associated with risk of heart disease or stroke^{1,2,3,4}. You can have 7-14 eggs in a week without concern².
- 1 egg = 186 mg cholesterol (Recommended daily intake for healthy individual = 300mg)⁵
- Eggs are nutritious for children too – good quality protein and moderate cholesterol support growth¹.

Ultimately, a heart-healthy diet should include a variety of fruits, vegetables and whole grains as well as moderate cholesterol and reduced amounts of saturated and trans fats².



Pasta Salad with Herb Vinaigrette

INGREDIENTS

- 6 hard-boiled eggs cut into wedges
- 6 oz. cooked spiral pasta
- 1 cup chopped fresh broccoli
- ¾ cup chopped tomato
- ½ cup shredded carrot
- ⅓ cup white wine vinegar
- 2 tbsp olive oil
- 1 tsp dried basil leaves
- 1 tsp dried oregano leaves
- ¾ tsp garlic salt

DIRECTIONS

1. WHISK dressing ingredients in small bowl until blended.
2. COMBINE pasta, broccoli, tomato and carrot in large bowl; toss.
3. POUR dressing over pasta mixture; toss until evenly coated.
4. ADD eggs; toss briefly.
5. REFRIGERATE, covered, at least 4 hours to blend flavors.

Thinking outside the wrapper!

Treats can be included in a balanced diet and Halloween is a great time to indulge a little. But Halloween can be about so much more than just the candy. Get your kids involved in the spirit of Halloween with activities like pumpkin carving, apple bobbing, face painting and costume design to take the focus solely off candy.

If you have lots of leftover candy you might try a “switch witch” who will swap extra candy for a book or game after Halloween.

If children do indulge in a lot of candy, avoid scolding or embarrassing them.



Tip!

Before trick-or-treating agree on some boundaries with your child to set expectations. How long will trick or treating last? How much candy can they eat when they return home and over the coming days?

Try a twist on the classic candied apple!

INGREDIENTS

- Granny Apples cut into wedges
- Wooden skewers
- Creamy peanut butter
- White chocolate
- Bittersweet chocolate
- Roasted, unsalted peanuts



DIRECTIONS

- 1) Skewer apple wedges with wooden skewers; Arrange in a single layer on a parchment-lined baking sheet with skewers facing out.
- 2) Combine creamy peanut butter, if using, 1/4 teaspoon oil, and white chocolate. Microwave at HIGH 30 seconds or until melted, stirring every 10 seconds. Combine remaining 1/4 teaspoon oil and bittersweet chocolate. Microwave at HIGH 30 seconds or until melted, stirring every 10 seconds.
- 3) Drizzle peanut butter mixture over apple wedges with a teaspoon or fork. Repeat procedure with bittersweet chocolate mixture. Sprinkle evenly with peanuts. Chill. 30 minutes or until chocolate is set.

RECIPE ADAPTED FROM

COOKING LIGHT

<https://www.cookinglight.com/recipes/chocolate-peanut-butter-apple-wedges>

How to Eat Healthy Over the Holidays

The holidays are a wonderful time to relax and spend time with family and friends. Festive gatherings can often include desserts, rich meals, and more servings of food than usual; however, by following these simple guidelines you can prioritize quality nutrition over the holiday season.

1. Portion Control

Eat until satisfied and not stuffed. Try utilizing the “Healthy Plate” model outlined in the Canada’s Food Guide to ensure you’re eating a balanced meal— Fill your plate with a 1/4 starch or whole grains, 1/4 protein foods, and 1/2 from vegetables and fruit.

2. Nutrient-Dense Options

In addition to your traditional recipes, provide new side dish options that are primarily fruits and vegetables. Add flavour by using herbs and spices, and healthy fats such as olive oil over butter. Great examples include roasted brussel sprouts, butternut squash, carrots and red onion... or try the sweet potato casserole recipe on this page! ➔

3. Try Healthful Baking Alternatives

- Reduce sugar in your baking by using less or try alternatives with more nutrient value such as date sugar, blackstrap molasses, maple syrup or honey.
- Make recipes that contain some kind of fruit or vegetable such as apple crisp, pumpkin pie, or chocolate zucchini loaf. Use whole grain flour to increase the fiber and nutrient content of your baked goods. Examples include oat, buckwheat, spelt, or whole wheat.
- Moisten your baked goods with less oil and butter by using fruit and vegetable puree (from bananas, apples, dates, pumpkin and avocado). If you choose to moisten with fruit, it can also help reduce or eliminate the refined sugar needed in your recipe.
- Increase the omega-3 and fiber content by adding or substituting eggs with ground chia or flax seeds.



Healthy Holiday Recipes

GINGERBREAD OATMEAL

<https://www.theseasonedmom.com/slow-cooker-gingerbread-oatmeal/>

SWEET POTATO CASSEROLE

<https://ohsheglows.com/2014/11/04/sweet-potato-casserole-with-a-crunchy-nut-crumble-vegan-gf/>

PEPPERMINT BLACK BEAN BROWNIES

<https://minimalistbaker.com/vegan-peppermint-black-bean-brownies/>



Family holiday baking^{1,2,3}

Winter break is certainly an exciting time for kids! This holiday season, why not get your child involved in baking some healthy treats.

- Use dates, figs, and banana's to sweeten fruit cakes and muffins with natural sugar.
- Add whole wheat, spelt, multi grain flour, and flax seeds to cake mixes or puddings to boost fiber intake.
- Experiment making Christmas lighting and trees with dark chocolate covered fruit, and honey glazed nuts as ornaments.

Gathering ingredients for the recipe

Gathering ingredients like bowls, pie plates, measuring spoons and ingredients is a task that can be done by most children, with a little help reading any complicated ingredients.

Stirring the sauce or pudding!

This is a great step to get kids involved in. They enjoy stirring anything from cake batters to home-made sauce, so giving them this responsibility will keep them busy and leave you time to focus on the more complicated preparation steps.

Rolling the dough

Teach children how to work the dough into pie plates or use cookie cutters to make some fun shapes.

Decoration time!

This one's probably a favourite for kids of all ages. Let their creativity come to life with some edible cookie decorations and icing pens.

COOKIE CUTTER *Pizzas*



INGREDIENTS

- Pizza Dough
- Olives
- Bell Pepper Strips
- Feta Cheese
- Mozzarella Cheese
- Olive Oil
- Pizza Sauce
- Parsley (for garnish)

DIRECTIONS

- 1) Flour your surface and roll out the dough nice and thin
- 2) Cut the dough with your cookie cutter
- 3) Place on parchment paper and brush with olive oil
- 4) Bake the dough for 10 min at 400 degrees
- 5) Top with pizza sauce and other ingredients
- 6) Bake at 400 degrees for another 5 - 10 minutes

RECIPE BY

ANDERS RUFF

<https://andersruff.com/custom-printable-parties/holidays/holiday/holiday-recipe/>

Holiday Foods Around the World

Celebrate the holidays with your children this year by taking the time to explore some traditional foods from different cultures! Eating a variety of foods supports growth and development in children and encourages them to foster a **healthy relationship with food**. It has even been shown that children will consume enough food to meet their nutritional needs in terms of **quantity** and **quality**, given that caregivers present them with a variety of foods.

MEXICO: BUÑUELOS
 Fried pastry served around **Los Posada** (celebrating Mary and Joseph's journey from Nazareth to Bethlehem). In **Oaxaca** tradition, clay plates are smashed on the ground after consuming the sweet treat.

UKRAINE: KOLACH
 Served on **Sviaty Vechier** (Christmas Eve), this braided bread has three layers representing the **holy trinity** and its circular shape is meant to symbolize **eternity** and **wellbeing**.

NORTHERN CHINA: JIAZOI (DUMPLINGS)
 Eaten during Chinese New Year to symbolize **wealth** and are often filled with finely chopped vegetables or minced meat.

PERU: SPICED HOT CHOCOLATE
 Enjoyed late into the evening on Christmas, Peruvians will host a '**Chocolatada Navideña**' by gathering in large groups around a pot of fresh hot chocolate.

CHINA: TANGYUAN (SWEET RICE BALLS)
 Often eaten on the last day of Chinese New Year during the Lantern Festival symbolizing **family togetherness**.

VIETNAM: BANH CHUNG
 Served during **Tet** for the Lunar New Year and made from glutinous rice, pork and mung beans wrapped in bamboo leaves. The preparation process is time consuming and takes multiple days, often requiring 12 hours of boiling over a wood fire.

ISRAEL: LATKES
 Ingredients:
 • 2.5 to 3 lbs potatoes, grated
 • 1 large onion, grated
 • ¾ cup matzo meal or breadcrumbs
 • 2 large eggs, beaten
 • 1 tbsp potato starch
 • 1 ¼ tsp salt
 • ½ tsp pepper
 • Oil for frying (~1.5 cups)
 • ¼ cup schmaltz (optional)

A beloved staple during **Hanukkah**, these potato pancakes, fried in oil, play homage to the miracle of only one day's worth of oil lasting 8 days to keep a menorah in the Temple of Jerusalem lit.

Ingredients:
 • 1 cinnamon stick
 • 2 cloves
 • 1 piece of orange peel
 • 1 star anise
 • 1 pinch nutmeg
 • ½ cup water
 • 2 cups milk
 • ½ cup evaporated milk
 • 3 tbsp bitter cocoa powder
 • 1 ½ tbsp cornstarch
 • Sugar to taste

See full recipe from eatperu.com

See full recipe from toriavey.com

Special Topics



DO CHILDREN NEED DAIRY IN THEIR DIETS?



Walking through the grocery store, it is easy to get confused by the vast selection and variety of milk and dairy alternatives available. But which ones are suitable for children and are there plant based milk alternatives which can still fuel children? Read below to have all your milk questions answered.

INFANTS AGED 0-6 MONTHS¹

The World Health Organization and Health Canada recommend **exclusive breastfeeding** or **formula** feeding for an infants **first six months** of life followed by continued breastfeeding for **two or more years**. Animal milk or milk alternatives are not recommended as they do not contain a comparable balance of carbohydrates, fats and proteins or vitamins and minerals to human breastmilk or commercial formulas.

Infants can continue breastfeeding as long as mother and child desire, as complimentary foods are introduced starting at 6 months.

CHILDREN OLDER THAN 1 YEAR¹

Health Canada's guidelines for daily calcium intake are as follows:

- **Children aged 1-3 yrs : 700mg/day**
- **Children aged 4-8 yrs : 1000mg/day**
- **Children/Adolescents aged 9-18 yrs : 1300mg/day**

Consuming two to three 250ml servings of milk or milk alternatives is recommended to help children reach their recommended daily calcium intake.

MILK VS. MILK ALTERNATIVES

Both milk and a fortified milk alternative will supply your children with ample amounts of calcium and vitamin D, two micronutrients that are essential for healthy bone development in growing children. However they differ in protein, carbohydrates and fat (see below).

	COWS MILK	SOY MILK	ALMOND MILK	OAT MILK
PROS ✓	A source of carbohydrates, protein and fat (depending on the %).	A source of carbohydrates, protein and fat.	A source of carbohydrates (if sweetened) and a small source of fats.	A source of carbohydrates and a small source of fat.
CONS ✗	Contains lactose and produces more greenhouse gases to produce versus milk alternatives.	Made of plants, without animals and are more environmentally sustainable	Contains soybeans, has a grittier texture and is more expensive than cows milk.	Is more expensive than cows milk and lacks protein.

The bottom line is any milk or milk alternative will supply children with calcium and vitamin D needed for healthy bone development. If children can meet these needs through other foods, than dairy and dairy alternatives are not necessary. However this can be challenging which is why drinking milk or milk alternatives is recommended for growing children.



Fermented Foods



Health Benefits of Fermented foods

In recent years, fermented foods and probiotics have become a hot topic in the quest for improved immunity and gut health. The human digestive tract hosts 100 trillion bacteria and research has shown that probiotics can help balance and increase the presence of certain types of good bacteria.

Health benefits:

- Consuming fermented foods can improve overall gut health which plays an important role in improving metabolism, immunity, inflammation, mood, allergies, and autoimmune disorders.^{1,2}
- Scientific evidence most strongly supports improvements in gastrointestinal disorders like irritable bowel syndrome, lactose intolerance, ulcerative colitis, constipation and bloating.^{1,2,3}
- The most common probiotic bacteria are Lactobacillus and Bifidobacterium, which can be found listed on the packaging of most probiotic-containing products.^{3,4,5}
- Probiotics also help replenish the good bacteria that are removed when taking antibiotics.^{3,4,5}
- Though there is no consensus on a “one-size-fits-all” dose, many studies suggest that 10 billion colony forming units per dose should be consumed before health benefits are seen—ask your doctor if this is suitable.^{3,4}

Common fermented foods & drinks



Miso



Kimchi



Kombucha



Sauerkraut



Apple Cider Vinegar



Yoghurt

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Try a twist on the classic candied apple!

Image: Kelsey Hansen

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Holiday Foods Around the World

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